

1. A coil bound notebook comprising:
 - a front cover having a plurality of openings located generally adjacent to a binding edge of said front cover;
 - a back cover having a plurality of openings located generally adjacent to a binding edge of said back cover;
 - a plurality of sheets of paper each having a plurality of openings located generally adjacent to a binding edge thereof;
 - a generally helical binding coil having a plurality of turns, wherein each of said plurality of openings of said front cover, said back cover, and said plurality of sheets of paper receives a turn of said coil therethrough to bind said front cover, said back cover, and said plurality of sheets of paper together; and
 - a wire guard having a first edge and a second edge, wherein said first edge is fixedly attached to said front cover generally adjacent to said binding edge of said front cover and said second edge is fixedly attached to said back cover generally adjacent to said binding edge of said back cover such that said wire guard generally covers an exposed portion of said binding coil.
2. The coil bound notebook of claim 1 wherein said front cover, said back cover, and said plurality of sheets of paper are each generally rectangular in front view and are generally aligned.
3. The coil bound notebook of claim 2 wherein each of said front cover, back cover, and plurality of sheets of paper include a free edge oriented generally parallel to the associated binding edge and located on an opposite side thereof.
4. The coil bound notebook of claim 1 wherein each of said plurality of sheets of paper includes a cellulose based material.
5. The coil bound notebook of claim 1 wherein each of said plurality of sheets of paper includes a tear guide line extending generally parallel to said binding edge.

6. The coil bound notebook of claim 5 wherein each of said plurality of sheets of paper includes three holes located generally adjacent to said binding edge and located generally inwardly of said tear guide line.

7. The coil bound notebook of claim 1 wherein said plurality of openings on said front cover, said back cover, and said plurality of sheets of paper each include at least ten openings arranged generally linearly to form a line that is generally parallel to, and extends along, said associated binding edge.

8. The coil bound notebook of claim 7 wherein each opening of one of said front cover, back cover, or plurality of sheets of paper are spaced from one another by a uniform distance.

9. The coil bound notebook of claim 1 wherein said wire guard is attached to said front cover and said back cover by stitches extending through said wire guard and at least partially through the associated one of said front or back cover.

10. The coil bound notebook of claim 1 wherein said notebook is moveable to a closed position such that said front cover and said back cover are generally parallel and facing each other and wherein said plurality of sheets of paper are located therebetween.

11. The coil bound notebook of claim 10 wherein said wire guard is pulled tight against said helical binding coil when said notebook is in said closed position.

12. The coil bound notebook of claim 1 wherein said front cover and said back cover each have at least one of a thickness or stiffness that is greater than a sheet of said plurality of sheets of paper.

13. The coil bound notebook of claim 1 wherein said wire guard extends generally an entire length of said binding edge of said front cover and said back cover.

14. The coil bound notebook of claim 1 wherein said wire guard is generally flexible.

15. The coil bound notebook of claim 1 further comprising a loop shaped to receive a writing instrument therethrough and coupled to at least one of said front cover, back cover or wire guard.

16. The coil bound notebook of claim 1 wherein said binding coil is a generally continuous single element formed in a helical shape.

17. The coil bound notebook of claim 1 wherein said first edge and said second edge of said wire guard are generally not visible when said notebook is in a closed position such that said front cover and back cover are generally parallel and facing each other with said plurality of sheets located between to provide a hidden seam.

18. A method for making a notebook comprising the steps of:
providing a front cover having a plurality of openings located generally adjacent to a binding edge of said front cover;

providing a back cover having a plurality of openings located generally adjacent to a binding edge of said back cover;

providing a plurality of sheets of paper having a plurality of openings located generally adjacent to a binding edge of said plurality of sheets of paper;

attaching a wire guard to said front cover and said back cover such that a first edge of said wire guard is attached generally adjacent to said binding edge of said front cover and a second edge of said wire guard is attached generally adjacent to said binding edge of said back cover;

positioning said plurality of sheets of paper adjacent to at least one of said front cover and said back cover such that said plurality of openings of said front cover, said back cover, and said plurality of sheets of paper are aligned; and

screwing a generally helical binding coil through said plurality of openings of said front cover, said back cover, and said plurality of sheets of paper.

19. The method of claim 18 wherein said screwing step is accomplished manually.

20. The method of claim 18 wherein said front cover, said back cover, and said plurality of sheets of paper are each generally rectangular in front view and are generally aligned during said screwing step.

21. The method of claim 18 wherein each of said front cover, back cover, and plurality of sheets of paper include a free edge oriented generally parallel to the associated binding edge and located on an opposite side thereof after said screwing step.

22. The method of claim 18 wherein each of said plurality of sheets of paper includes a cellulose based material.

23. The method of claim 18 wherein each of said plurality of sheets of paper includes a tear guide line extending generally parallel to said binding edge.

24. The method of claim 23 wherein each of said plurality of sheets of paper includes three holes located generally adjacent to said binding edge and located generally inwardly of said tear guide line.

25. The method of claim 18 wherein said plurality of openings on said front cover, said back cover, and said plurality of sheets of paper each include at least ten openings arranged generally linearly to form a line that is generally parallel to, and extends along, said associated binding edge.

26. The method of claim 18 wherein each of said plurality of openings of one of said front cover, back cover, or plurality of sheets of paper are spaced from one another by a uniform distance.

27. The method of claim 18 wherein said wire guard is attached to said front and back cover by stitches extending through said wire guard and at least partially through the associated one of said front or back cover.

28. The method of claim 18 wherein after said screwing step said notebook is moveable to a closed position such that said front cover and said back cover are generally parallel and facing each other and wherein said plurality of sheets of paper are located therebetween.

29. The method of claim 28 wherein said wire guard is pulled tight against said helical binding coil when said notebook is in said closed position.

30. The method of claim 18 wherein said front cover and said back cover each have at least one of a thickness or stiffness that is greater than a sheet of said plurality of sheets of paper.

31. The method of claim 18 wherein said wire guard extends generally an entire length of said binding edge of said front cover and said back cover.

32. The method of claim 18 wherein said wire guard is generally flexible.

33. The method of claim 18 wherein said attaching step includes attaching a loop shaped to receive a writing instrument therethrough to at least one of said front cover, back cover or wire guard.

34. The method of claim 18 wherein said binding coil is a generally continuous single element formed in a helical shape.

35. The method of claim 18 wherein said binding coil is a wire.

36. The method of claim 18 wherein said positioning step includes arranging said front and rear covers such that said front and rear covers are generally facing each other and said wire guard is generally located between said covers.

37. The method of claim 36 wherein said wire guard is generally folded upon itself when said front and rear covers are generally facing each other and said wire guard is generally located between said covers.

38. The method of claim 36 wherein said positioning step includes positioning said plurality of sheets of paper on one of said front or rear covers.